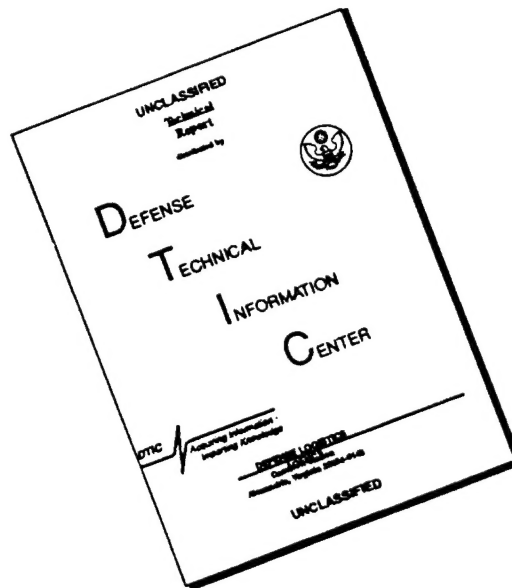


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1. AGENCY USE ONLY (Leave blank)		2. REPORT DATE 13 November 1990		3. REPORT TYPE AND DATES COVERED Final															
4. TITLE AND SUBTITLE Frequency of Training, and Past Injuries as Risk Factors for Injuries in Infantry Soldiers			5. FUNDING NUMBERS																
6. AUTHOR(S) K. Reynolds, J. Pollard, J. Cunero, J. Knapik, B. Jones																			
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) U.S. Army Research Institute of Environmental Medicine Natick, MA 01760-5007			8. PERFORMING ORGANIZATION REPORT NUMBER																
9. SPONSORING/MONITORING AGENCY NAME(S) AND ADDRESS(ES)			10. SPONSORING/MONITORING AGENCY REPORT NUMBER																
11. SUPPLEMENTARY NOTES			19960419 084																
12a. DISTRIBUTION/AVAILABILITY STATEMENT Approved for public release; distribution is unlimited																			
12b. DISTRIBUTION CODE																			
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14. SUBJECT TERMS Infantry soldiers, running, marching, musculoskeletal injuries			15. NUMBER OF PAGES 1																
			16. PRICE CODE																
17. SECURITY CLASSIFICATION OF REPORT Unclassified	18. SECURITY CLASSIFICATION OF THIS PAGE Unclassified	19. SECURITY CLASSIFICATION OF ABSTRACT Unclassified	20. LIMITATION OF ABSTRACT UL																

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13 November 1990

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Title Frequency of Training, and Past Injuries as Risk Factors for Injuries in Infantry Soldiers

Author(s) K.Reynolds, J.Pollard, J.Cunero, J Knapik, B.Jones

Intended for publication in Proceeding of the annual meeting of the American College of Sports Medicine (ACSM)

Intended for presentation before ACSM

Location Orlando, FL

Date May 91

2. Budget Project No. \_\_\_\_\_ Cost Code \_\_\_\_\_ WU: 134

3. Enclosed contains no classified material. It meets accepted standards for scientific accuracy and propriety. It contains no potentially sensitive or controversial items.

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*Bruce H. Jones*

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LTC, MC

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# FREQUENCY OF TRAINING, AND PAST INJURIES AS RISK FACTORS FOR INJURIES IN INFANTRY SOLDIERS

K Reynolds, J Pollard, J Cunero, J Knapik, B  
Jones. U.S. Army Research Institute of  
Environmental Medicine, Natick, MA 01760

Major objectives of Army infantry training are development of endurance and load carriage ability. These objectives are achieved by frequent running and road marching. Height, weight, % body fat, and physical fitness were measured and information about training and past injuries were obtained by questionnaire. Incidence of new injuries was documented by a periodic review of medical records of all subjects. Mean age of subjects was 19.1 years, height 69.1 in, weight 162.9 lbs, % body fat 14.7%. Over the observed period 29% suffered one or more lower extremity training injuries. Trends of significantly increased risk of injury with increased frequency of running and marching were observed.

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